

CONDUCT · HEALTH
GOOD FORTUNE

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CONDUCT · HEALTH
GOOD FORTUNE

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LOVE, FRIENDSHIP, AND GOOD CHEER
CONDUCT, HEALTH, GOOD FORTUNE

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CONDUCT·HEALTH GOOD FORTUNE

Compiled by
GRACE BROWNE STRAND

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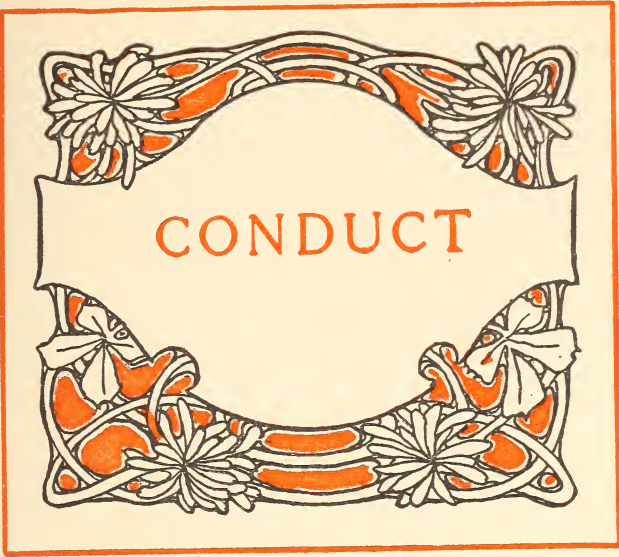
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The Lord is my shepherd; I shall not want.
He maketh me to lie down in green pastures;
He leadeth me beside the still waters.
He reviveth my soul:
He guideth me in the paths of righteousness for His name's
sake.
Yea, though I walk through the valley of the shadow of death,
I will fear no evil; for thou art with me;
Thy rod and thy staff they comfort me.
Thou preparest a table before me in the presence of mine
enemies:
Thou hast anointed my head with oil; my cup runneth over.
Surely goodness and mercy shall follow me all the days of my
life;
And I will dwell in the house of the Lord for ever.

Psalm XXIII.



CONDUCT

Have good
To all that lives, letting unkindness die
And greed and wrath, so that your lives
be made
Like soft airs passing by.

Arnold.

◇
¶ Not for himself, but for the world he lives.

Lucan.

◇
¶ Make yourself necessary to somebody. Do not make life
hard to any.

Emerson.

◇
¶ Look nicely into the thoughts of every one and give them
the same freedom as your own.

Marcus Aurelius.

◇
¶ What one has, one ought to use; and whatever he does he
should do with all his might.

Cicero.

◇
There 's nothing so kingly as kindness,
And nothing so royal as truth.

Alice Cary.



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¶ Others are affected by what I am, and say, and do. And these others have also their sphere of influence. So that a single act of mine may spread in widening circles through a nation or humanity. *Channing.*



¶ Every man takes care that his neighbor shall not cheat him. But a day comes when he begins to care that he does not cheat his neighbor, then all goes well. *Emerson.*



Then gently scan your brother man,
Still gentler sister woman;
Though they may gang a kennin' wrang,
To step aside is human:
One point must still be greatly dark,
The moving Why they do it;
And just as lamely can ye mark
How far, perhaps, they rue it.

Burns.



¶ With malice toward none, with charity for all, with firmness in the right as God gives us to see the right, let us strive on. *Abraham Lincoln.*



¶ Oh, do not pray for easy lives. Pray to be strong men. Do not pray for tasks equal to your powers. Pray for powers equal to your tasks. *Phillips Brooks.*



¶ Gentleness and cheerfulness,—these come before all morality; they are the perfect duties. *Stevenson.*

¶ The highest power may be lost by misrule. *Syrus.*



What asks our Father of His children save
Justice and mercy and humility,
A reasonable service of good deeds,
Pure living, tenderness to human needs,
Reverence, and trust, and prayer for light to see
The Master's footprints in our daily ways?
No knotted scourge, nor sacrificial knife,
But the calm beauty of an ordered life
Whose every breathing is unworded praise.

Whittier.



Self-reverence, self-knowledge, self-control,—
These three alone lead life to sovereign power.

Tennyson.



The ill-timed truth we might have kept —
Who knows how sharp it pierced and stung?
The word we had not sense to say —
Who knows how grandly it had rung?

E. R. Sill.



¶ The light by which we see in this world comes out from
the soul of the observer.

Emerson.



¶ The spirit of a person's life is ever shedding some power.
just as a flower is steadily bestowing fragrance upon the air.

T. Starr King.



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¶ Give us to awake with smiles, give us to labor smiling. . . .
As the sun lightens the world, so let our loving-kindness make
bright this house of our habitation. *Stevenson.*



¶ Influence is the exhalation of character.

W. M. Taylor.



¶ Be self-reliant, but not self-sufficient. Accept help in the
spirit you would give it. *C. A. Murdock.*



A noble heart doth teach a virtuous scorn,
To scorn to owe a duty over-long,
To scorn to be for benefits forborne,
To scorn to lie, to scorn to do a wrong,
To scorn to bear an injury in mind,
To scorn a free-born heart slave-like to bind.



¶ And what is the divine law to a man? To hold fast that
which is his own and to claim nothing that is another's; to
use what is given him, and not to covet what is not given;
to yield up easily and willingly what is taken away, giving
thanks for the time he has had it in his service.

Epictetus.



¶ Use, do not abuse: neither abstinence nor excess ever
renders man happy.

Voltaire.



¶ Unto whom much is given, of him shall much be required.
Luke 12 : 48.

Be as thou wouldst in thy own clear sight,
And so shalt thou be in the world's ere long.

Lowell.

Howe'er it be, it seems to me,
'T is only noble to be good.

Tennyson.

¶ Do little things now; so shall big things come to thee by
and by asking to be done.

Persian Proverb.

¶ Never fear, victory will come.

Abraham Lincoln.

True, conscious honor is to feel no sin:
He's arm'd without that's innocent within.

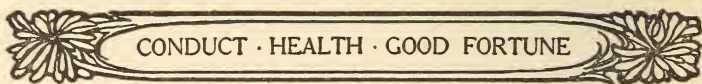
Pope.

¶ Brother, thou hast possibility in thee for much: the possibility of writing on the eternal skies the record of a heroic life.

Carlyle.

Build thee more stately mansions, O my soul,
As the swift seasons roll!
Leave thy low-vaulted past!
Let each new temple, nobler than the last,
Shut thee from heaven with a dome more vast,
Till thou at length art free,
Leaving thine outgrown shell by life's unresting sea!

O. W. Holmes.



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¶ Who conquereth all within may dare the world outside.

W. W. Story.



¶ Make truth your friend and guide in all your hourly business, — truth of plan, and purpose, and labor. . . . Whoever will not bow before this monarch you have crowned, let him be rebel to you.

Phillips Brooks.



I pray not that
Men tremble at
My power of place
And lordly sway,
I only pray for simple grace
To look my neighbor in the face
Full honestly from day to day.

James Whitcomb Riley.



¶ The best portion of a good man's life is his little, nameless, unremembered acts of kindness and of love.

Wordsworth.



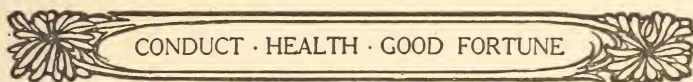
¶ This above all, to thine own self be true.

Shakespeare.



By all means use sometimes to be alone.
Salute thyself: see what thy soul doth wear;
Dare to look in thy chest; for 't is thine own;
And tumble up and down what thou find'st there.
Who cannot rest till he good fellowe finde,
He breaks up house, turns out of doores his minde.

George Herbert.



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¶ To live is not to live for oneself alone; let us help one another. *Menander.*



He that departs with his own honesty
For vulgar praise, doth it too dearly buy.
Ben Jonson.



¶ I will govern my life and my thoughts as if the whole world were to see the one and to read the other. *Seneca.*



¶ Unblemish'd let me live, or die unknown. *Pope.*



¶ The men who succeed best in public life are those who take the risk of standing by their own convictions.
Garfield.



So here hath been dawning another new day:
Think, wilt thou let it slip useless away?
Out of eternity this new day is born;
Into eternity at night will return.

Carlyle.



A child's kiss
Set on thy sighing lips shall make thee glad;
A poor man served by thee, shall make thee rich;
A sick man helped by thee, shall make thee strong
Thou shalt be served thyself by every sense
Of service thou hast renderest.

E. B. Browning.



¶ We can give advice, but we cannot give conduct.

Benjamin Franklin.

◇
¶ A noble deed is a step toward God.

J. G. Holland.

◇
Wouldst shape a noble life? Then cast
No backward glances toward the past,
And though somewhat be lost and gone,
Yet do thou act as one new-born;
What each day needs, that shalt thou ask.
Each day will set its proper task.

Goethe.

◇
¶ Every advantage has its tax. Learn to be content.

Emerson.

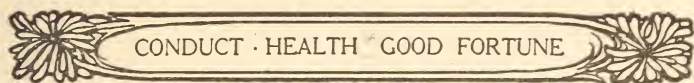
◇
¶ Happiness is a habit — contract it.

◇
Be useful where thou livest, that they may
Both want and wish thy pleasing presence still.
Find out men's wants and will,
And meet them there. All worldly joys go less
To the one joy of doing kindnesses.

George Herbert.

◇
¶ The essential element in human life is conduct, and conduct springs from what we believe, cling to, love, and yearn for, vastly more than from what we know.

Bishop Spalding.



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¶ Every success in life comes from sympathy and coöperation and love.

Benjamin I. Wheeler.



If, in the paths of the world,
Stones might have wounded thy feet,
Toil or dejection have tried
Thy spirit, of that we saw
Nothing. To us thou wast still
Cheerful and helpful and firm!
Therefore to thee it was given
Many to save with thyself;
And, at the end of the day,
O faithful shepherd! to come
Bringing thy sheep in thy hand.

Matthew Arnold.



¶ For thine it is to act well the allotted part; but to choose it, is another's.

Epictetus.



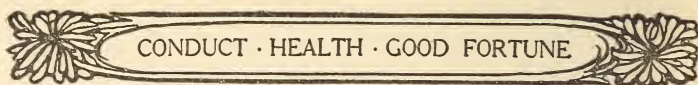
Who best
Bear His mild yoke, they serve Him best; his state
Is kingly; thousands at His bidding speed,
And post o'er land and ocean without rest;
They also serve who only stand and wait.

Milton.



Honor and shame from no condition rise;
Act well your part, there all the honor lies.

Pope.



What shall I do to gain eternal life?

“Discharge aright

The simple dues with which each day is rife,

Yea, with thy might.”

Schiller.

◇
¶ Things well done, and with a care, exempt themselves from fear.

Shakespeare.

◇
¶ Good actions ennoble us, and we are the sons of our own deeds.

Cervantes.

◇
¶ They who bring sunshine to the hearts of others cannot keep it from themselves.

J. M. Barrie.

◇
¶ There is something very solemn in the thought that that part of our work which we left undone may first be revealed to us at the end of a life filled up, as we had fondly hoped, with useful and necessary employments.

Sarah W. Stephen.

◇
Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can.

John Wesley.

¶ What we have been makes us what we are.



¶ Go put your creed into your deed. *Emerson.*



¶ He only is advancing in life whose heart is getting softer, whose blood warmer, whose brain quicker, whose spirit is entering the living Peace. *Ruskin.*



¶ Love worketh no ill to his neighbor: therefore love is the fulfilling of the law. *Romans 13 : 10.*



¶ May I be nerved to labors high and pure. *J. Sterling.*



¶ By steadily bearing in mind that what you know and think, you know and think not for yourselves alone, but for others, you may become the centre of a little green spot of intelligence in the midst of this arid waste which we call society. *Phillips Brooks.*



Who does the best his circumstance allows,
Does well, acts nobly; angels could do no more.
Edward Young.



¶ Be and not seem to be.



Have more than thou showest,
Speak less than thou knowest,
Lend less than thou owest.

Shakespeare.



¶ Speak no slander, no, nor listen to it. *Tennyson.*



¶ We must be as courteous to a man as we are to a picture, which we are willing to give the advantage of a good light.

Emerson.



Knowing, what all experience goes to show,
No mud can soil us but the mud we throw.

Lowell.



¶ Nothing can work me damage except myself; the harm that I sustain I carry about with me, and never am a real sufferer but by my own fault.

St. Bernard.



¶ Let what thou learnest in the house of thy host be as though it were not.

Elbert Hubbard.



¶ The power men possess to annoy me I give them by a weak curiosity.

Emerson.



¶ Our thoughts and our conduct are our own.

Froude.



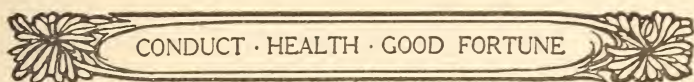
¶ He that is slow to anger is better than the mighty: and he that ruleth his spirit, than he that taketh a city.

Proverbs 16 : 32.



¶ And what shall ye swear? Never to disobey, never to accuse, never to blame aught that he hath given, never unwillingly to do or suffer any necessary thing.

Epictetus.



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¶ He can't be wrong whose life is in the right. *Pope.*



¶ One ounce of loyalty is worth a pound of cleverness.
Elbert Hubbard.



¶ The aids to noble life are all within. *Matthew Arnold.*



¶ In all the affairs of life let it be your great care not to hurt
your mind, or offend your judgment. *Epictetus.*



Man, like the generous vine, supported lives!
The strength he gains is from the embrace he gives.
Pope.



¶ We are the children of our own deeds. Conduct has
created character; acts have grown into habits; each year
has pressed into us a deeper moral print; the lives we have
led have left us such as we are to-day. *Dykes.*



To thine own self be true,
And it must follow as the night the day,
Thou canst not then be false to any man.
Shakespeare.



For still in mutual sufferance lies
The secret of true living;
Love scarce is love that never knows
The sweetness of forgiving.

Whittier.



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¶ We should believe only in deeds; words go for nothing everywhere. *Rojas.*



¶ There is only one real failure in life that is possible, and that is, not to be true to the best one knows. *Farrar.*



¶ A more glorious victory cannot be gained over another man than this, that when the injury began on his part the kindness should begin on ours. *Tillotson.*



¶ Idleness is the gate of all harms. An idle man is like a house that hath no walls; the devils may enter on every side. *Chaucer.*



¶ Omissions no less than commissions are oftentimes part of injustice. *Marcus Aurelius.*



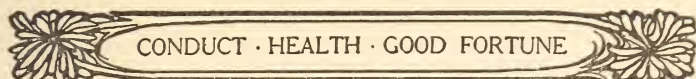
¶ To brave danger for a good cause is something to be proud of. *Allen Raine.*



¶ What doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God? *Micah 6 : 8.*



Whoso answers not God's earliest call
Forfeits or dulls that faculty supreme
Of lying open to His genius,
Which makes the wise heart certain of its end.
Lowell.



¶ It is astonishing how soon the whole conscience begins to unravel if a single stitch drops; one little sin indulged makes a hole you could put your head through.

Charles Buxton.

¶ Why stand ye here all the day idle?

Matthew 20 : 6.

He best deserves a mighty crest
Who slays the evils that infest
His soul within. If victor there,
He soon will find a wider sphere.
The world is cold to him who pleads;
The world bows low to knightly deeds.

E. P. Roe.

¶ I am to see to it that the world is better for me and to find my reward in the act.

Emerson.

¶ Life is a short day, but it is a working day.

Watch well the building of the dream!
However hopeless it may seem,
The time will come when it shall be
A prison or a home for thee.

W. Webb.

¶ We are not bound to lay our souls bare for every one to look at, but as much as we do show ought to be a part of our real selves.

Fowler.

¶ Many men build as cathedrals were built, — the part nearest the ground finished; but that part which soars toward heaven, the turrets and the spires, forever incomplete.

Henry Ward Beecher.

¶ He that is choice of his time will be choice of his company and choice of his actions.

Jeremy Taylor.

¶ Honor every truth by use.

Emerson.

¶ Conduct maketh the man: moral failure is utter failure.

Bishop Spalding.

Evil is wrought by want of thought,
As well as by want of heart.

Hood.

¶ A man who lives right and is right, has more power in his silence than another has in his words.

Phillips Brooks.

¶ It is a sad thing to begin life with low conceptions of it. It may not be possible for a young man to measure life; but it is possible to say, "I am resolved to put life to its noblest and best use."

T. T. Munger.

¶ Let the words of my mouth and the meditations of my heart be acceptable in thy sight, O Lord, my strength and my redeemer.

Psalm 19 : 14.

¶ At the last day we shall not be examined for what we thought, but for what we did.

Benjamin Franklin.

¶ 'T is good to give a stranger a meal or a night's lodging.
'T is better to be hospitable to his good meaning and thought,
and give courage to a companion.

Emerson.

Rest is not quitting
The busy career;
Rest is the fitting
Of self to one's sphere.

'T is loving and serving
The highest and best;
'T is onward unswerving,
And this is true rest.

Goethe.

¶ Do not go about doing good; do good as you go about.

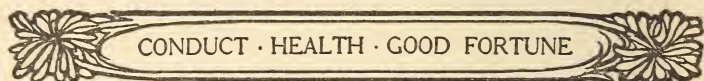
Horatio Stebbins.

¶ Shun idleness. It is the rust that attaches itself to the
most brilliant metals.

Voltaire.

We get back our mete as we measure:
We cannot do wrong and feel right:
Nor can we give pain and gain pleasure,
For justice avenges each slight.

Alice Cary.



¶ What a man does tells us what he is.

F. D. Huntington.

◇
¶ What do we live for if it is not to make life less difficult to each other.

George Eliot.

◇
They are slaves that dare not speak
For the fallen and the weak;
They are slaves who dare not choose
Hatred, scoffing, and abuse
Rather than in silence shrink
From the truth they needs must think
They are slaves who dare not be
In the right with two or three.

Lowell.

◇
¶ As we have therefore opportunity, let us do good unto all men.

Gal. 6 : 10.

◇
Since trifles make the sum of human things,
And half our misery from our foibles springs;
Since life's best joy consists in peace and ease,
And though but few can serve, yet all can please;
Oh, let the ungentle spirit learn from hence,
A small unkindness is a great offence.

Hannah More.

◇
¶ A man is relieved and gay when he has put his heart into his work, and done his best; but what he has said or done otherwise, shall give him no peace.

Emerson.

¶ Through the wide, wide world, he only is alone who lives
not for another. *Rogers.*



¶ Be very circumspect in the choice of thy company. To
be the best in the company is the way to grow worse; the
best means to grow better is to be the worst there.

Quarles.



We cannot kindle when we will
The fire that in the heart resides;
The spirit bloweth and is still;
In mystery the soul abides.
But tasks in hours of insight willed
Can be through hours of gloom fulfilled.

Matthew Arnold.



¶ Our character is but the stamp on our souls of the free
choices of good and evil we have made through life.

Geikie.



¶ Choose always the way that seems the best, however
rough it may be; custom will soon render it easy and agree-
able.

Pythagoras.



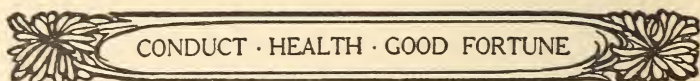
¶ I will chide no brother in the world but myself, against
whom I know most faults.

Shakespeare.



¶ Let none falter who thinks he is right.

Abraham Lincoln.



¶ Suffer if you must . . . only try, if you are to suffer, to do it splendidly.

Phillips Brooks.



Not what we give, but what we share,
For the gift without the giver is bare.

Lowell.



¶ There is so much to be set right in the world, there are so many to be led and helped and comforted, that we must continually come in contact with such in our daily life. Let us only take care that we do not miss our turn of service.

Elizabeth Charles.



¶ No one is living aright unless he so lives that whoever meets him goes away more confident and joyous for the contact.

Lilian Whiting.



¶ They only can bear others' burdens who quietly and firmly bear their own.

F. G. Peabody.



¶ If you do not wish for His kingdom, don't pray for it, but if you do, you must do more than pray; you must work.

Ruskin.



So many gods, so many creeds,
So many ways that wind and wind;
When just the art of being kind
Is all this old world needs.

Ella Wheeler Wilcox.

So others shall
Take patience, labor, to their heart and hand,
From thy hand, and thy heart, and thy brave cheer,
And God's grace fructify through thee to all.
The least flower with a brimming cup may stand,
And share its dewdrop with another near.

E. B. Browning.

◇
¶ The mode of bestowing a kindness is often of more value
than the thing.

James T. Fields.

◇
Love's miracle —
The giving that is gaining.

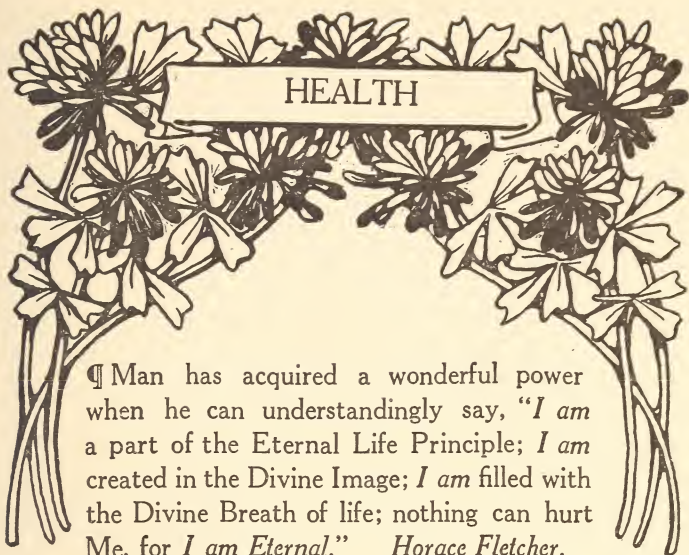
Whittier.

◇
To look up and not down,
To look forward and not back,
To look out and not in, and
To lend a hand.

E. E. Hale.



HEALTH



¶ Man has acquired a wonderful power when he can understandingly say, "*I am a part of the Eternal Life Principle; I am created in the Divine Image; I am filled with the Divine Breath of life; nothing can hurt Me, for I am Eternal.*" *Horace Fletcher.*



Some of your griefs you have cured,
And the sharpest you still have survived;
But what *torments of pain* you endured
From evils that never arrived.



¶ Healthy minds let bygones be. *Browning.*



¶ Many are brought into a very ill and languishing habit of body by mere sloth. *Bishop South.*



¶ For which cause we faint not; but, though our outward man perish, yet the inward man is renewed day by day.



2 Cor. 4 : 16.

¶ Disease, in innumerable instances, is the child of folly, sin, and ignorance. *Bishop Spalding.*



Be not o'ermastered by thy pain,
But cling to God; thou shalt not fall.

P. Gerhardt.

◊
¶ Without health life is not life.

Rabelais.

◊
¶ Health is certainly more valuable than money, because it is by health that money is procured.

Samuel Johnson.

◊
¶ Pain is no evil unless it conquers us.

George Eliot.

◊
¶ I shall put my spirit into *you* and you shall live.

◊
¶ Health of body is not sufficient to make us happy of itself.

Benjamin Franklin.

◊
¶ What medicine will procure digestion? Exercise. What will recruit strength? Sleep. What will alleviate incurable evils? Patience.

Voltaire.

◊
¶ Life is not to live, but to be well.

Martial.

◊
Know then, whatever cheerful and serene
Supports the mind, supports the body too.

◊
¶ The physical is the substratum of the spiritual; and this fact ought to give to the food we eat, and the air we breathe, a transcendent significance.

Tyndale.

¶ The mind is the natural protector of the body. *Trine.*



¶ We ought to keep body and brain constantly at the highest pressure and get the best out of them. *A. K. Fallows.*



¶ The body is not a home, but an inn; and that only for a short time. *Seneca.*



¶ Cheerfulness, good-humor, and peace of mind are powerful elements of health. *Lord Avebury.*



¶ Believe in the individuality of your soul and trust it to bring you the health and wisdom you crave.

Walter DeVoe.



¶ Cultivate health instead of treating disease. *Ruskin.*



¶ 'T is the mind that makes the body rich. *Shakespeare.*



¶ All life is from within us. *Trine.*



¶ Half the spiritual difficulties that men and women suffer arise from a morbid state of health. *Henry Ward Beecher.*



¶ Be sober and temperate and you will be healthy.

Franklin.



¶ The diseases of the mind are more, and more destructive, than those of the body. *Cicero.*

¶ All our limitations are of the body, but in our diviner moments, when the soul takes command, it makes but small account of them.

Amelia Barr.



¶ There is this difference between the two temporal blessings, health and money: money is the most envied but the least enjoyed; health is the most enjoyed but the least envied.

C. C. Colton.



¶ The way we take the small things of life, the impression we let them make on us, counts greatly for health or against.

A. K. Fallows.



¶ Perennial youth and health of mind and body is only for him whose mind is growing daily through the absorption of those thoughts that quicken every faculty and thrill every feeling with a sense of unlimited life.

Walter DeVoe.



¶ A sound mind in a sound body; if the former be the glory of the latter, the latter is indispensable to the former.

Tryon Edwards.



¶ The ingredients of health and long life are great temperance, open air, easy labor, and little care.

Philip Sidney.



¶ Fear and worry have the effect of closing up the channels of the body so that the life forces flow in a slow and sluggish manner.

Trine.

¶ Health is the second blessing that we mortals are capable of, — a blessing that money cannot buy. *Izaak Walton.*



¶ Then shall thy light break forth as the morning and thine health shall spring forth speedily. *Isaiah 58 : 8.*



¶ Health is the soul that animates all the enjoyments of life, which fade and are tasteless without it. *Sir W. Temple.*



¶ He that hath health hath hope; and he who has hope has everything. *Arabian Proverb.*



¶ They who have tried both health and sickness, know what a help it is to have a healthful body. *Baxter.*



¶ The wages of sin is death. *Rom. 6 : 23.*



¶ All breaches of the laws of health are physical sins. *Herbert Spencer.*



¶ The building of a perfect body crowned by a perfect brain is at once the greatest earthly problem and grandest hope of the race. *Lewis.*



¶ Take care of your health; you have no right to neglect it, and thus become a burden to yourself and perhaps to others. *W. Hall.*



¶ The preservation of health is a duty.



CONDUCT · HEALTH · GOOD FORTUNE

¶ If the mind that rules the body ever so far forgets itself as to trample on its slave, the slave is never generous enough to forgive the injury, but will rise and smite the oppressor.

Longfellow.



Nor love nor honor, wealth nor power,
Can give the heart a cheerful hour
When health is lost.

Gay.



¶ As long as there is the violation of law, so long disease and suffering will result.

A. K. Trine.



¶ Our first duty is to become healthy.

Havelock Ellis.



¶ Few things are more important to a community than the health of its women.

T. W. Higginson.



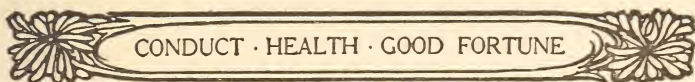
¶ When the practice of optimism has subjugated depression, and an orderly body obeys an orderly mind, there comes as a reward the buoyant hopefulness of health, the joy in mere living.

A. K. Fallows.



There is no death!
What seems so is transition;
This life of mortal breath
Is but a suburb of the life Elysian,
Whose portal we call death.

Longfellow.



CONDUCT · HEALTH · GOOD FORTUNE

¶ The soul of you holds the key to all power, plus health, wealth, and happiness.

Walter DeVoe.



¶ Health and cheerfulness mutually beget each other.

Addison.



¶ Refuse to be ill. . . . Illness is one of those things which a man should resist on principle at the onset.

Bulwer-Lytton.



¶ To preserve health is a moral and religious duty, for health is the basis of all social virtues.

Samuel Johnson.



¶ Some evils admit of consolation, but there are no comforters for dyspepsia and the toothache.



¶ A good digestion is as truly obligatory as a good conscience.

Henry Ward Beecher.



¶ What a searching preacher of self-command is the varying phenomenon of health.

Emerson.



And good may ever conquer ill,
Health walk where pain hath trod;
"As a man thinketh, so is he,"
Rise then and think with God.



¶ Health is contagious as well as disease.



¶ Many owe what health they have to the unquenchable flame that burns undimmed in the faculty of hope.

Walter DeVoe.



¶ If the flavor has gone out of things, if you cannot catch happiness, if you are out of tune with yourself or with your world, for the sake of every one concerned take yourself in hand quickly.

A. K. Fallows.



When health, affrighted, spreads her rosy wings,
And flies with every changing gale of Spring.

Byron.



¶ Health is so necessary to all the duties, as well as all the pleasures of life, that the crime of squandering it is equal to the folly.

Samuel Johnson.



¶ Disease of the mind impairs the bodily power.

Ovid.



¶ Sickness is the vengeance of Nature for the violation of her laws.

C. Simmons.



¶ Health, beauty, vigor, riches, and all the other things called good, operate equally as evils to the vicious and unjust, as they do as benefits to the just.

Plato.



¶ Health is the greatest of all possessions.

Bickerstaff.



¶ Be good that you may be well.

Phillips Brooks.

¶ Ease is the way to disease. *Andrew Clark.*



¶ Temperance and labor are the two best physicians of man.
Rousseau.



¶ Some remedies are worse than the disease. *Syrus.*



Gold that buys health can never be ill spent;
Nor hours laid out in harmless merriment.
J. Webster.



¶ In a disturbed mind, as in a body in the same state, health
cannot exist. *Cicero.*



Joy, temperance, and repose,
Slam the door on the doctor's nose.
Longfellow.



¶ Life is not mere living, but the enjoyment of health.
Martial.



¶ We plainly perceive that the mind strengthens and decays
with the body. *Lucretius.*



¶ In course of time men and women will be ashamed to be ill.
James H. West.



¶ Dyspepsia is the remorse of a guilty stomach.
A. Kerr.

¶ A feeble body weakens the mind. *Rousseau.*



¶ Virtue is the best preservative of health. *Benjamin Franklin.*



¶ It rests with man to say whether his soul shall be housed in a stately mansion of ever-growing splendor and beauty or in a hovel of his own building — a hovel at last ruined and abandoned to decay.



¶ In the depth of your being there is a power divine that can touch the stars or fathom the sea, and bring to you the essence of health. *Walter DeVoe.*



¶ For I will restore health unto you. *Jeremiah 30 : 17.*



¶ The first wealth is health. *Emerson.*



¶ Health is not only a great element of happiness, but it is essential to good work. *Lord Avebury.*



¶ To become a thoroughly good man is the best prescription for keeping a sound mind in a sound body. *Bowen.*



¶ The first sure symptoms of a mind in health are rest of heart and pleasure found at home. *Young.*



¶ They who starve the body cannot nourish the mind. *Bishop Spalding.*



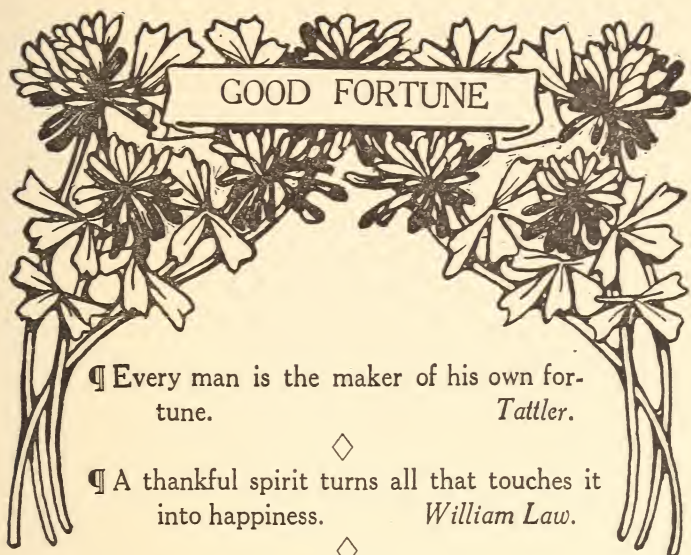
¶ Youth will never live to old age unless it keeps itself in health with exercise, and in heart with joyfulness.

Sidney.

◇
¶ Look to your health; and if you have it, praise God and value it next to a good conscience.

Izaak Walton.





GOOD FORTUNE

¶ Every man is the maker of his own fortune. *Tattler.*

¶ A thankful spirit turns all that touches it into happiness. *William Law.*

To do thy will is more than praise,
As words are less than deeds,
And simple trust can find thy ways
We miss with chart and creeds. *Whittier.*

¶ Let not thy mind run on what thou lackest as much as on what thou hast. *Marcus Aurelius.*

¶ There shall no evil befall thee. *Psalms 91 : 10.*

Man is his own star, and the soul that can
Render an honest, and a perfect man
Commands all light, all influence, all fate,
Nothing to him falls early or too late.
John Fletcher.

¶ Fortune is ever seen accompanying industry.

Goldsmith.



I ask not that for me the plan
For good or ill be set aside,
But that the common lot of man
Be nobly borne and glorified.

Phæbe Cary.



¶ The wheel of fortune turns round incessantly.

Confucius.



¶ No thoroughly occupied man was ever very miserable.

L. E. Landon.



¶ The golden moments in the stream of life rush past us,
and we see nothing but sand.

George Eliot.



One by one thy griefs shall meet thee,
Do not fear an armed band;
One will fade as others greet thee —
Shadows passing through the land.

Adelaide A. Procter.



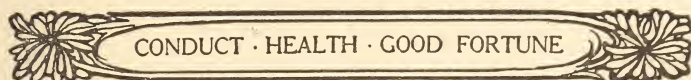
¶ Troubles are often the tools by which God fashions us for
better things.

Henry Ward Beecher.



¶ The fortunate circumstances of our lives are generally
found, at last, to be of our own producing.

Goldsmith.



¶ As thy days, so shall thy strength be. *Deut. 33 : 25.*



Yes, the new days come and the old days go,
And I the while rejoice;
For now 't is the rose, and now 't is the snow,
And now a sweet bird voice.

W. Brunton.



And not to-day and not to-morrow
Can drain its wealth of hope and sorrow;
But day by day to thoughtful ear,
Unlocks new sense and loftier cheer.

Emerson.



¶ The Lord shall preserve thee from all evil; He shall preserve thy soul. *Psalms 121 : 7.*



¶ The reward of a thing well done is to have done it.

Emerson.



¶ We are sure to get the best of Fortune if we but grapple with her.

Seneca.



¶ The private and personal blessings we enjoy, the blessings of immunity, safe-guard, liberty, and integrity, deserve the thanksgiving of a whole life.

Jeremy Taylor.



¶ Reckon any matter of trial to thee among thy gains.

T. Adams.



CONDUCT · HEALTH · GOOD FORTUNE

¶ The mould of a man's fortune is in his own hands.

Bacon.



All love is sweet,
Given or returned. Common as light is love,
And its familiar voice wearies not ever.
Like the wide heaven, the all sustaining air,
It makes the reptile equal to the god;
They who inspire it most are fortunate,
But those who feel it most . . .
Are happier still.

Shelley.



¶ Each life has one grand day.

T. S. Collier.



Sometimes the thing our life misses
Helps more than the thing which it gets.

Alice Cary.

¶ Fortune is the rod of the weak, and the staff of the brave.

Lowell.



What is excellent,
As God lives, is permanent.
Hearts are dust, hearts' love remains.

Emerson.



¶ Our content is our best having.

Shakespeare.



¶ To fill the hour, — that is happiness.

Emerson.

I am glad to think
I am not bound to make the world go right;
But only to discover and to do,
With cheerful heart, the work that God appoints.

I will trust in him,
That He can hold His own; and I will take
His will, above the work He sendeth me,
To be my chiefest good.

Jean Ingelow.

◇
My strength is as the strength of ten,
Because my heart is pure.

Tennyson.

◇
Life's cares are comforts; such by Heaven designed;
He that has none must make them or be wretched.
Cares are employment, and without employ
The soul is a rack: the rack of rest,
To souls most adverse; action all their joy.

Edward Young.

◇
¶ There is no fortune that a philosopher cannot endure.

Thackeray.

◇
Is the prerogative of valiant souls,
The fealty Life pays its rightful kings.

Lowell.

◇
¶ Our strength grows out of our weakness.

Emerson.



¶ Wealth excludes but one evil — poverty.

Dr. Samuel Johnson.



Deliver us from fear and favor,
From mean hopes and cheap pleasures.

Stevenson.



¶ But fortune, good or ill, as I take it, does not change men and women. It but develops their character. *Thackeray.*



¶ The problem of life is not to make life easier, but to make men stronger. *David Starr Jordan.*



Whatever be my chance or my mischance,
What benefits mankind must glad me too.

Browning.



¶ Men are seldom blessed with good fortune and good sense at the same time. *Livy.*

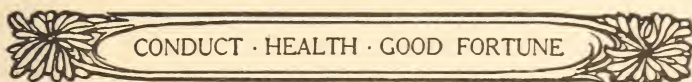


The meanest flower that blows can give
Thoughts that do often lie too deep for tears.

Wordsworth.



Happy the man, and happy he alone,
He who can call to-day his own;
He who, secure within, can say,
To-morrow do thy worst, for I have lived to-day.
Dryden.



¶ Give us to go blithely on our business all this day; bring us to our resting beds weary and content and undishonored.

Stevenson.



We tell Thee of our care,
Of the sore burden pressing day by day,
And in the light and pity of Thy face,
The burden melts away.

We breathe our secret wish,
The importunate longing which no man can see;
We ask it humbly, or, more restful still,
We leave it all to Thee.

Susan Coolidge.



¶ Ill fortune never crushed that man whom good fortune deceived not.

Ben Jonson.



I love the flowers that come about with Spring,
And whether they be scarlet, white, or blue,
It mattereth to me not anything;
For when I see them full of sun and dew,
My heart doth get so full with its delight,
I know not blue from red nor red from white.

Alice Cary.



¶ High fortune makes both our virtues and vices stand out as objects that are brought clearly to view by the light.

La Rochefoucauld.



CONDUCT · HEALTH · GOOD FORTUNE

¶ Very little is needed to make a happy life.

Marcus Aurelius.



¶ If fortune favors you, do not be elated; if she frowns, do not despond.

Ausonius.



¶ Among my list of blessings infinite stands this the foremost, that my heart has bled.

Young.



¶ If a man look sharply and attentively he shall see fortune.

Bacon.



¶ The secret of success in life is for a man to be ready for his opportunity when it comes.

Disraeli.



¶ Work, every hour, paid or unpaid; see only that thou work and thou canst not escape thy reward.

Emerson.



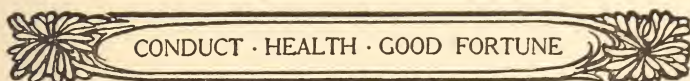
¶ We should manage our fortune as we do our health — enjoy it when good, be patient when it is bad, and never apply violent remedies except in extreme necessity.

La Rochefoucauld.



We take with solemn thankfulness
Our burden up, nor ask it less,
And count it joy that even we
May suffer, serve, or wait for Thee,
Whose will be done.

Whittier.



CONDUCT · HEALTH · GOOD FORTUNE

¶ We enjoy ourselves only in our work — in our doing; and our best doing is our best enjoyment. *Jacobi.*



¶ Happiness consists not in having much, but in wanting no more than you have. *Lydia Maria Child.*



¶ A man's fortunes are the fruit of his character.

Emerson.



¶ We know that all things work together for good to them that love God. *Rom. 8 : 28.*



¶ He is happiest, be he king or peasant, who finds peace in his own home. *Goethe.*



Sound, sound the clarion! fill the fife!
To all the sensual world proclaim,
One crowded hour of glorious life
Is worth an age without a name.

Walter Scott.



¶ Tranquil pleasures last the longest.

Bovee.



There is nothing either good or bad,
But thinking makes it so.

Shakespeare.



¶ We are never either so wretched or so happy as we say we are. *Balzac.*

¶ The man who has lived longest is not the man who has counted most years, but he who has enjoyed life most.

Rousseau.



Grow old along with me!
The best is yet to be,
The last of life for which the first was made:
Our times are in his hand
Who saith, "A whole I planned,
Youth shows but half, trust God: see all nor be afraid."

Browning.



¶ Fortune, to show her power, and abate our presumption, seeing she could not make fools wise, has made them fortunate.

Montaigne.



¶ Reflect upon your present blessings, of which every man has many; not on your past misfortunes, of which all men have some.

Dickens.



Life hath its hopes fulfilled,
Its glad fruitions, its blessed answered prayers.

Sarah Doudney.



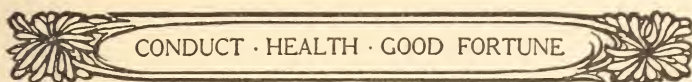
¶ Depend not on fortune, but on conduct.

Syrus.



¶ It requires greater virtues to support good than bad fortune.

La Rochefoucauld.



CONDUCT · HEALTH · GOOD FORTUNE

¶ No evil is without its compensation. *Seneca.*



¶ Happy are those who are armed and prepared for either good or bad fortune.



¶ We make our fortunes and we call them fate. *Alroy.*



¶ Whithersoever I go, it shall be well with me; for in this place it was well with me, not because of the place but because of the opinions which I shall carry away with me. For these no man can deprive me of. Yea, these only are mine own. *Epictetus.*



¶ Better is an handful with quietness, than both hands full with travail and vexation of spirit. *Eccl. 4 : 6.*



¶ We find in life exactly what we put in it. *Emerson.*

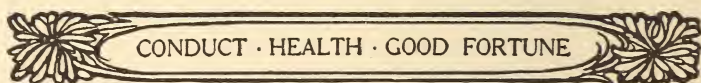


Sweet are the uses of adversity,
Which, like the toad, ugly and venomous,
Wears yet a precious jewel in his head;
And this our life, exempt from public haunt,
Finds tongues in trees, books in the running brooks,
Sermons in stones, and good in everything.
Shakespeare.



¶ The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore.

Psalms 121 : 8.



¶ There are some who never can pardon good fortune.

Thackeray.

◇
¶ He who knows what secrets and virtues are in the ground, the water, the plants, the heavens, and how to come at these enchantments, is the rich and royal man.

Emerson.

◇
True dignity abides with him alone
Who, in the silent hour of inward thought,
Can still respect and still revere himself
In lowliness of heart.

Wordsworth.

◇
¶ Occupation is the necessary basis of all enjoyment.

Leigh Hunt.

◇
¶ One is never more on trial than in the moment of excessive good fortune.

Lew Wallace.

◇
¶ Success in life is a matter not so much of talent or opportunity as of concentration and perseverance.

C. W. Wendte.

◇
¶ Your own will come to you if you keep the thought firmly in mind.

Elbert Hubbard.

◇
¶ Work is given to me not only . . . because the world needs it but because the workman needs it. . . . Work makes men.

Henry Drummond.

¶ God's goodness hath been great to thee. *Shakespeare.*



¶ Seek not to have things happen as you choose them, but rather choose them to happen as they do, and so shall you live prosperously. *Epictetus.*



Serene I fold my hands and wait,
Nor care for wind, nor tide, nor sea;
I rave no more 'gainst time or fate,
For lo! my own shall come to me.
John Burroughs.



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